How To Sign Up:

- Provide your Email Address to one of our staff members and they will send you an “invite” to join
- Often, if time and staffing permit, we can complete your registration with you while you are in the office
- If time does not permit, please check your email for the next few days for a message from “Follow My Health” (If you don’t receive the email within 3 days, check your junk folder and if it is not there, call us back)
- Open the Email and click on the highlighted link
- Create a Follow My Health logon. Simply select the Follow My Health Icon and follow the steps to create a new account.
- If you prefer, you may choose one of these logon options (Facebook, Google Gmail, Yahoo, or MSN Hotmail) and logon with your user name and password.
- Read and agree to the Terms of Use
- Save this Website to your ‘Favorites’
- Congratulations...you are ready!

If You Need Time To Decide, Follow the Steps Below To Register Directly From Your Home Computer:

Go To:  
https://azacp.followmyhealth.com  
Select:  Create an Account  
Enter:  Requested Information  
Review and Accept:  Terms of Service

Approximately 2-3 office days later you should receive an email notification confirming access to your record.

Once you receive your notification, then you are Ready to ‘Follow My Health’

Follow My Health Enables You To:

- Request an appointment
- View lab results, vaccine records, and allergies
- Communicate securely with your provider
- Update personal, insurance, and pharmacy Information
- Consolidate family health information using proxy services
- And much more...
Follow My Health

Navigation

- Navigate by clicking on the tabs at the top of the screen
- View your health record by clicking on: My Health
- Send a message to your Provider:
  Select Send a Message tab from the top of the page. Use the dropdown to choose a Provider. Type in message and select SEND. Messages to you will arrive in your Inbox
- Schedule an Appointment:
  Select Schedule an Appointment from the top of the page. Select your Provider and designate your preferred appointment time/date. Add any comments and select Submit
- Email portions of your medical record:
  Go To: My Health and click on the dropdown arrow, then select the desired Tab. Once selected, select the Email tab, enter the desired Email address and select Send
- Request a Medication Refill
  Go To: My Health Icon on the top, click on the dropdown arrow, then select Medications. Select the Medication you wish to fill and submit.

**PLEASE NOTE: THESE SERVICES SHOULD NEVER BE USED FOR URGENT ISSUES AS THEY DO NOT NECESSARILY SEND IMMEDIATELY AND WE MAY NOT HAVE STAFF REVIEWING THESE TASKS ON AN URGENT BASIS.**

Need Help? Click on the Support link at the very top of the screen in the My Account drop down menu or call 1-888-670-9775

FREQUENT TASKS:

View Health Record

Send a Note to Your Provider

Email Portions of your Medical Record

Request an Appointment